

thePost

Vol. 83, No. 39

Published for the Fort Dix Community since 1942

October 3, 2008

Africa Command activated

Department of Defense News -- The Department of Defense announced the activation of United States Africa Command Oct. 1, the sixth unified geographic command within the DoD unified command structure.

"It is, at its heart, a different kind of command with a different orientation, one that we hope and expect will institutionalize a lasting security relationship with Africa, a vast region of growing importance in the globe," said Secretary of Defense Robert M. Gates.

U.S. Africa Command will coordinate military-to-military contacts and focus on relationships between the United States and 53 African nations,

as well as African military and security organizations. The command is headquartered in Stuttgart, Germany, with select personnel assigned to U.S. embassies and diplomatic missions in numerous African nations.

U.S. Africa Command is pioneering closer cooperation between government agencies by embedding members of other agencies into its military chain of command. These officials are not liaisons. They are fully integrated members of the staff. Senior leaders from the Departments of State, Treasury, Commerce, the U.S. Agency for International Development, and others bring new insights and viewpoints so that the U.S. military can more effectively support the

whole of the U.S. government effort in Africa. In the years ahead, the command plans to seek international partners to join the headquarters staff, including members of African militaries.

Army Gen. William E. "Kip" Ward unfurled the colors at a Pentagon ceremony and told Defense Secretary Gates and Chairman of the Joint Chiefs of Staff Navy Adm. Mike Mullen that "U.S. Africa Command reports for duty!"

The focus of American foreign policy in Africa is defense, diplomacy and development, Gates said during the ceremony. "On the defense side, Africa's mission is not to wage war, but to prevent it -- not to show United

States military presence, but to enhance the security forces of our partners," Gates said.

The command will build lasting ties with African nations, the secretary said. "All of this contributes to our overall goal as a nation: to be a trusted, reliable partner for the nations of Africa," he added.

President Bush announced in February 2007 that the U.S. military would form the command as part of an overall change in the DoD footprint.

"Beyond moving and realigning troops and bases, we have also been reconsidering, on a more general level, the nature of the kinds of threats to our nation ... and those threats we might face in the future," Gates said.

Crime, terrorism, natural disasters, economic turmoil, ethnic fissures and disease can be just as destabilizing on the African continent as traditional military threats, Gates noted. "It makes sense to fuse old understandings of security with new concepts of security, and how security, stability and development go hand-in-hand," he said.

One sign that Africa Command is a different paradigm is that one of its deputy commanders is Ambassador Mary Carlin Yates. The U.S. Agency for International Development also has provided personnel for the new command, as has the departments of Commerce and Homeland Security and other federal agencies.

NEWSNOTES

Soldier Show slated for Timmermann Center

Fort Dix will host the Army Soldier Show Oct. 12 at 6 p.m. in the Timmermann Center. There will be only one performance of the Soldier Show at Fort Dix this year, so plan early to attend this popular entertainment extravaganza by the troops for the troops.

Want to make a difference? Red Cross seeks volunteers

The American Red Cross is seeking volunteers to help run the organization's station at the Joint Readiness Center on Fort Dix. Hours include evenings and weekends. To sign up or for more information, call the Red Cross at 562-2258.

Combined Federal Campaign opens Oct. 10

The 2008 Combined Federal Campaign kickoff ceremony will be held at 11:30 a.m. Oct. 10 at The Club on McGuire Air Force Base. Be on the lookout for information from your office representative on how to make your charitable donations count.

Chapel schedules Wednesday Bible Study

The Fort Dix Main Chapel will host Bible Study sessions Wednesdays from 6:30 p.m. to 7:30 p.m. at the chapel on New Jersey Avenue. For more information, call the chapel at 562-2020.

WEATHER

FRIDAY -- Sunny skies and low humidity, high of 66 degrees and low of 47.

SATURDAY -- Clear and sunny, daytime high of 67 and overnight low of 46 degrees.

SUNDAY -- Mostly cloudy, light winds, high of 67 degrees and overnight low of 48.

MONDAY -- Cloudy, some drizzle with light winds, high of 67 and low of 45 degrees.

TUESDAY -- Cloudy in the morning, clearing by afternoon, high of 66 and low of 47 degrees.

WEDNESDAY -- Cloudy in afternoon, mild breeze, high of 63 and overnight low of 67 degrees.

THURSDAY -- Fair and sunny, high of 68 degrees and overnight low of 45.

Soldiers trained to protect artifacts

Jennifer M. McCarthy
Public Affairs Staff

Members of the U.S. Committee of the Blue Shield (USCBS) talked to civil affairs Soldiers training at Fort Dix Sept. 26 about the role of the U.S. military in preserving and protecting cultural property during an armed conflict.

Cori Wegener, president, USCBS, gave an overview of the problems she encountered in 2003 while serving in Iraq as Army civil affairs Major, to include the looting and subsequent recovery of artifacts from the Iraqi National Museum. She also informed the class about the 1954 Hague Convention for the Protection of Cultural Property in the Event of Armed Conflict. While the United States had been working under the guidelines of the Convention since 1954, it was only ratified Sept. 25 of this year.

The 1954 Hague Convention for the Protection of Cultural Property in the Event of Armed Conflict is an international convention that regulates the conduct of nations during war and military occupation in order to ensure the protection of cultural sites, monuments and repositories, including museums, libraries and archives. It uses as its symbol a blue

(continued on page 3)

Iraq unit rotations announced for 2009

Army Staff Sgt. Michael J. Carden
American Forces Press Service

WASHINGTON, Sept. 30, 2008 -- The Defense Department today announced the listing of replacement units scheduled to deploy next year to Iraq.

About 26,000 troops from an Army corps headquarters, an Army division headquarters, a Marine expeditionary force headquarters, an Army fires brigade and six Army brigade combat teams are scheduled to rotate into Iraq between this winter and next summer, Pentagon spokesman Bryan Whitman said.

Most will replace units already in place in Iraq.

Units receiving deployment orders are:

- 1st Corps Headquarters, Fort Lewis, Wash.;
- 1st Cavalry Division, Fort Hood, Texas;
- 2nd Marine Expeditionary Force Headquarters, Camp Lejeune, N.C.;
- 1st Brigade Combat Team, 1st Armored Division, Fort Bliss, Texas;
- 4th Brigade Combat Team, 82nd Airborne Division, Fort Bragg, N.C.;
- 5th Stryker Brigade Combat Team, 2nd Infantry Division, Fort Lewis;

(continued on page 6)



Jennifer Chipko



Photos by Lisa Evans

Window on the week

Firefighters from New York City, above, carry photos of the 343 firefighters who gave their lives to save others on September 11. The procession was part of a memorial event which pays tribute to all fallen heroes from that infamous day. The event is highlighted by the Tunnel to Towers 5k Run, for which Fort Dix fields a team annually. For more, see page 12. Right, Paul Oliva and Adriana Delgado dance the Marinera, a dramatic Peruvian national dance, during the Hispanic Festival held at Doughboy Field Sept. 27. More photos, story, page 4. Below, Soldiers from the 338 MI Bn. search for explosives on a bridge on Range 86 during mobilization training at Fort Dix Sept. 23. For more photos, see page 4.



US needs to be good neighbor

Military interventions soured Latin Americans

Hispanic Heritage Month

Steve Snyder
Public Affairs Staff

Most Americans deeply revere our founding fathers and don't hesitate to quote their wise statements on a wide variety of matters, from constitutional questions to views on political theory or even ideas about religion. But when it comes to foreign policy Americans, for reasons unfathomable, hesitate to go beyond the water's edge of our national boundaries.

The founding fathers had strong views about what our foreign policy towards other countries should be. And they didn't hesitate to express them.

Blessed by geography

A key view shared in varying degrees by all of America's founders was that Americans were blessed by geography with oceans that discouraged foreign encroachment. The size of the Atlantic and Pacific Oceans made us very difficult to invade. We should, therefore, sit pretty and resist rash impulses to set the world right.

Washington argued in his farewell address that "nothing is more essential (for our new nation) than that permanent, inveterate antipathies against particular nations, and passionate attachments for others, should be excluded."

The general's strategic sense told him that the U.S. should extend commercial (trade) relations for foreign nations to the greatest extent possible but have "as little political connection as possible."

Trade not politics

Alexander Hamilton advised Washington that "America's predisposition against involvement in Old World (Europe) affairs" should be a "general principle of policy." Thomas Jefferson advocated "free commerce with all nations, political connection with none, and little or no diplomatic establishment." In his 1776 pamphlet *Common Sense*, rabble-rousing Thomas Paine wrote that while "Europe is our market for trade, we ought to form no partial connection with any part of it" because "it is the true interest of America to steer clear of European contentions." Second president John Adams added his voice to the chorus, saying that "we should separate ourselves, as far as possible and for as long as possible, from all European politics and wars."

Adams' son, President John Quincy Adams, issued a famous and prescient warning in 1821 against going abroad in search of monsters to destroy.

Unfortunately, Americans have too often ignored the wisdom of our founding fathers, especially when dealing with Latin America. However well intentioned, frequent interven-



U.S. Army photo by Spc. Grant Vaughn

HELPING HAND -- Capt. Michelle Sredinski listens to the breathing of a native Costa Rican woman at a makeshift clinic set up last December at Piedra Meda, Costa Rica. Sredinski is assigned to the Joint Task Force - Bravo medical element which deployed 28 servicemembers from Soto Cano Air Base in Honduras to Costa Rica for a medical readiness training exercise that proved to be a tremendous boon to the community that benefited.



www.argentinatour.com

CUBAN REVOLUTIONARIES -- Ernesto "Che" Guevara, left, and Fidel Castro celebrate after ousting Gen. Fulgencio Batista's regime from power on Jan. 1, 1959. Castro's henchman, Guevara was slain by Bolivian forces 41 years ago on Oct. 8 after attempting to goad Bolivians into open rebellion, part of his strategy to incite "one, two, a thousand Vietnams" against the hated Yankees up until, Castro, on the other hand, held power until relinquishing it last year to his brother Raul because of poor health. Their dream of a socialist paradise in Cuba became untenable after the collapse of the Soviet Union, Cuba's major ally and perennial sponsor of mischief in the Caribbean.

interventions by the United States south of our borders has made good relations with people there very difficult to sustain. Consider just a few of our military forays south of the border:

War with Mexico in 1846 in which we conventionally grabbed a third of Mexico's territory. Interventions in Nicaragua in 1850, 1853, 1854 and 1857. The first of five



National Archives

TELL IT TO THE MARINES -- U.S. Marines form a firing line in the Dominican Republic in 1916. President Woodrow Wilson sent forces to occupy the island of Hispaniola (including both Haiti and the Dominican Republic) as part of an effort "to teach the South American republics to elect good men." Such arrogance and self-righteousness did little but inflame anti-Yankee sentiment in Latin America.



National Archives

STANDING GUARD -- A Marine sentry stands watch in Cuba in 1919. U.S. troops were a common occurrence in Cuba during the first 30 years of the 20th century. The Roosevelt Corollary to the Monroe Doctrine committed the U.S. to policing the Caribbean and Central America.

troops chased Pancho Villa after he raided U.S. soil in 1916. President Coolidge urged overthrow of Guatemalan president in interests of United Fruit. Guatemalans complied.

Enough already. Let's stay home and mind our own business. And be good neighbors. We need all the friends we can get. Our founding fathers would've understood.



www.latinamericanstudies.org

CLEARING TRACKS -- U.S. Marines clear barriers from tracks in Nicaragua in 1912.



http://images.google.com

REBEL -- Augusto Nicolas Calderon Sandino led a rebellion against the U.S. military presence in Nicaragua from 1927-1933. Labeled a bandit by the U.S., Sandino was considered a hero in much of Latin America for daring to defy the Yankees and their fearsome Marines. Although he was never captured by U.S. forces, Sandino never came close to seizing a major city, much less the whole country. He was eventually assassinated by Gen. Somoza, who ruled the country for decades.



National Archives

CHAOS IN HAITI -- Two Marines escort a caco prisoner. Cacos were mercenaries and part-time bandits who had been overthrowing Haitian governments at the rate of more than one per year when the U.S. Marines finally intervened in 1915, suppressing the cacos in short order.

CHARGES IN HAITI -- U.S. Marines clear barriers from tracks in Nicaragua in 1912.

Film fans not alone in mourning Newman



espn.go.com

Paul Newman played the star of a bush league hockey team that's going nowhere until its players learn how to play dirty in the raucous comedy, "Slap Shot" (1977).



www.imdb.com

Newman as an All-American heel in "Hud," (1963).

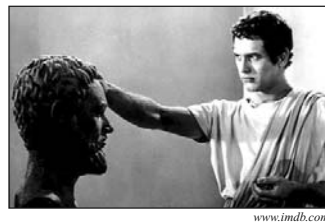
Born on Jan. 26, 1925, in Shaker Heights, Cleveland, to a Slavic Christian Scientist and Jewish father, Paul Leonard Newman died of lung cancer this Sept. 26 at 83 years of age in his home at Westport, Conn. And his interim years were really something.

Married 50 years to actress Johanne Woodward, Newman was nominated seven times for Academy Award acting Oscars, finally winning for his performance in *The Color of Money* (1986), a sequel to fans' perennial favorite *The Hustler* (1961).

In addition to his enthusiasm for racing sports cars, Newman co-founded Newman's Own, a food company whose profits exceeded \$220 million in 2007. And he donated all those profits to charity, shrugging off his contributions with the nonchalance of Bogart borrowing a cigarette.

Like other silver screen giants of his era, he had class. During World War II Newman served in the Navy in the Pacific theater. His hopes to be a pilot were dashed when it was discovered he was color blind but the Navy simply retrained him as a radioman and gunner in torpedo bombers.

After serving primarily in a training capacity with those squadrons, Newman began flying off aircraft carriers as a tail gunner in Avenger torpedo bombers. He served aboard the



www.imdb.com

In his first movie, Newman played a Greek artist hired to reproduce the cup used in the Last Supper in 1954's "The Silver Chalice." He later apologized for his performance but shouldn't have as his chemistry with Pier Angeli made it all worthwhile.

USS Bunker Hill as a an in *Hombre* (1966), a rebel radioman/gunner during the battle for Okinawa in 1945.

After the war he completed a degree from Kenyon College in Ohio before studying drama at Yale University and then under Lee Strasberg at the Actor's Studio in New York.

Newman refused to be typecast as a pretty boy in romantic soap operas, choosing instead to explore hard core roles in Americana. He was superb as an archetypal Philadelphia lawyer in *The Young Philadelphians* (1959), a leader of the Redding Jewish state in *Exodus* (1960), the ultimate pool shark in *The Hustler* (1961), a Texas heel in *Hud* (1963), a cynical private eye in *Harper* (1966), an embittered half-breed Indi-

an in *Hombre*, Newman faces down villain Richard Boone in the finale. Before they shoot 'em up, Boone observes that "Mister, you got some hard bark on you."

Paul Newman did, too. It fit in well with his soft heart.

- Steve Snyder

the Post

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Tiffany L. Colby
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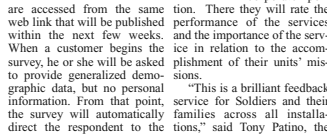


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E Data provided by unit commanders, commanders, command sergeants major, first sergeants, senior sergeants, senior civilians and senior staff will be cap-

"This is a brilliant feedback service for Soldiers and their families across all installations," said Tony Patino, the

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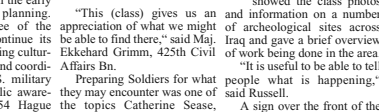


"Ratification of the Hague Convention provides a renewed opportunity to highlight cultural property training for U.S. military personnel at all levels, and to call attention to cultural property considerations in the early stages of military planning. The U.S. Committee of the Blue Shield will continue its commitment to offering cultural property training and coordination with the U.S. military and to increase public awareness about the 1954 Hague

Preparing Soldiers for what they may encounter was one of the topics Catherine Sease,

A sign over the front of the

The Soldiers were reminded that one of the reasons the military needs to be aware of the importance of protecting cultural heritage is that many looted objects, such as the cylinder seals, are sold on the black market and can be used to fund insurgents.



ART TALK - Maj. Ekkehard Grimm, and Capt. Cole Calloway, 425th Civil Affairs, discuss archeological sites in Iraq with Corine Wegener, president, U.S. Committee of the Blue Shield following a presentation to Civil Affairs Units, Sept. 26 about the role the military plays in preserving and protecting cultural property. One of the topics discussed was the 2003 looting and destruction of artifacts from the Iraqi National Museum, such as the sculpture, left and the Warka Head, above.

- There were 16 Magistrate Court Citations issued for moving violations. DWI incidents remain at nine for the year.

Interrogations support war fighter intel

Battalion created to humanely obtain and analyze information

Lisa Evans
Public Affairs Staff

Soldiers of the 338th Military Intelligence Battalion will complete mobilization training at Fort Dix this month and head for Iraq. Their mission: Interrogating prisoners of war and supplying the most accurate information possible while maintaining high quality custody and care of detainees.

The formation of this special battalion is the direct result of a Department of Defense directive mandating a change in military intelligence operations.

The Joint Interrogation and Debriefing Center Battalion (JDIC) and the 338th were created to ensure the fair and equitable treatment of detainees during interrogations.

Lt. Col. Tony Francis, of San Antonio, is the 338th commander and said he is fortunate. He becomes Deputy Director of the JDIC when his command deploys to Iraq in Oct. He said the 338th will make up more than half of the JDIC, working alongside the Air Force and other governmental organizations which provide the rest of the 300 members of the JDIC. The premise behind the

JDIC Battalion, Francis said, is to raise the level of oversight of interrogation operations so that every MI operation has a colonel in direct command. Francis' job will be to ensure new rules and regulations mandated with the JDIC and in First Army's new field manual, FM 2-22.3, will be strictly adhered to.

Francis said, "Congress sent a message to tighten up control and custody of detainees and oversight. DoD sent a directive, so the Army rewrote the field manual as a result of the detainee operations investigation."

The 338th is the second battalion to be created under the JDIC, with the first battalion created now active in Iraq. These two new battalions work within a new model, bringing interrogators and analysts together as a team to enhance human intelligence collection capabilities.

"It's important to note that where the JDIC is located is in the operating environment where we are answering responsibly to both tactical, operational, and strategic requirements," Francis said. "Our primary focus is to the war fighters and to the war fighter divisions in theatre."

To meet the new rules and regulations, the length and intensity of training has increased for all MI troops. "The motivation is very high. We're getting good training now, but it is way outside the normal Reserve unit. The training has far exceeded anything any of these Soldiers have ever been exposed to. The battalion final training exercise (FTX) at Camp Bullis, Texas, was a collective effort of the entire intelligence community — the Army, Army Reserve and elements of the Defense Intelligence Agency with money, manpower and resources leveraged in support of these soldiers' support and training," Francis said with pride.

Military Intelligence Soldiers are taught the basics of their field in the Army Intelligence course of 15 to 18 weeks, with the basic course longer for



Photos by Lisa Evans

BRIDGE CLEARANCE—1st Lt. J. Reading and Sgt. Michael Mux from the 338 Military Intelligence Battalion search for explosive devices on or near a bridge before letting the platoon cross during training at Fort Dix, Sept. 23.

analysts. Soldiers of the JDIC take another six-week course in interrogation and analysis run by the Joint Center of Excellence Human Intelligence in Fort Huachuca, Ariz.

"Military Intelligence skills sets are needed most. We must be proficient, so that's the last thing we want (to update) before going out the door."

Training basically pairs up intelligence and analyst teams and they work through an interpreter and conduct an intelligence exercise process obtaining, processing and analyzing and then disseminating information so it arrives to war fighters as actionable information. That's the ball game for us," Francis explained.

As a new battalion, the 338th has a new prescription for how it functions, trains and recruits.

Although its headquarters is in San Antonio, the 338th has no home base. The 50 volunteers on the parade ground during the battalion activation came from 24 states. San Antonio is the logistics and administrative base, New York is the

base for military interrogators, and Kansas is the analysts' base, but the Soldiers of the 338th hail from all 50 states.

The history of the Army Reserve placed garrisons where the Army Reserve could recruit.

For these new units, the Army moved away from that paradigm, Francis said.

Although the 338th is headquartered in San Antonio, the Army Reserve knew it would be difficult to find enough people in one geographic area who could obtain top secret security clearances and the ability to pass the difficult tests military intelligence Soldiers must take to qualify for the MOS.

So, after the first 50 volunteers were organized in San Antonio, Military Intelligence Reserve Command (MIRC)

sent out a call to Reserve units across the United States. Commanders from all 50 states identified their best interrogators and recommended them for the new battalion.

"I think they (the Soldiers) were very pleased to be cross-leveled. I have yet to run into one of them who is not excited

about doing this JDIC mission," Francis bragged about his Soldiers. "It will not be repeated anytime in our military careers. It is one of those opportunities that comes once. Any Soldier feels fortunate to be part of it."

Although less than ten percent of 338th troops have prior deployment experience, Francis is totally convinced the training they have received more than prepares them for deployment to Iraq.

"We had more than 60 linguists come as support role players for the FTX at Camp Bullis. I have visited the JDIC in theatre, and because of this training, it will seem very familiar to them. They will have that and it will not be so new to them," Francis said.

As he takes up this new command, Francis has been a commissioned officer for more than 21 years. Looking back to his first assignment with the Army as an Interrogator Platoon leader in Germany, from 1988 to 89, Francis concluded, "It was kind of neat to note that I was able to come back around to it at this point in my career."



PERIMETER CONTROL—Soldiers from the 338 Military Intelligence Battalion set up defense before approaching a bridge during training Sept. 23

Hispanics celebrate with song and dance

Lisa Evans
Public Affairs Staff

¡Viva la fiesta hispánica! Without a doubt dancing, eating and laughing were the diversion grande for the Hispanic Festival held on Doughboy Field Sept. 27.

Mist and the threat of rain may have kept a few people away, but they didn't dampen spirits for the people who attended Saturday's event. Music and dancing filled the day with breaks for some humor by comic group Llegamos.

The event was sponsored by the Family, Morale, Welfare and Recreation Directorate.

Opening the day with the Star Spangled Banner, Crystal Ortiz sang so beautifully festival goers cheered wildly, prompting Crystal to sing another song. Highlighting the festival, Raul Acosta and Oro Solido ended the festival performing Salsa and a blend of rap and hip hop that had the crowd on their feet for Baile de Salsa.

With the music and dancing, the demonstrations and humor, and a huge menu of Hispanic foods, this festival had it all. The Raíces Culturales Latino Arecanos brought Vitorria Natale and Guillermo Elkous from Argentina to dance the Tango. From Peru, Somos Independientes danced the Marinera, a national dance of Peru, the Festejo, and the Huaylasa. Nidia Bernal danced the children's dance Festejo, Adriana Delgado and Williams Carrasco danced the folkloric Huaylasa, and Delgado and Paul Olivia danced the lovely Marinera.

Dancing started early when a few members of the band Bachata Azul started the music off with some discordant regional music prompting George Diaz, of Llegamos, to exclaim, "Aren't they the best band in the world?"

When the full band started playing dance music many festival goers left the stands to dance. Felix Acevedo enthusiastically danced with many different partners, starting with Jackie Pryor, then his wife, then someone else, and so on



Photos by Lisa Evans

SALSA RULES - Raul Acosta and Oro Solido have the crowd dancing and cheering during the final show of the day at the Hispanic Festival Sept. 27 on Doughboy Field Fort Dix. Below left, Adriana Delgado and Williams Carrasco danced the folk dance 'Huaylasa' in a Latin dance demonstration.

for the whole afternoon.

Acevedo simply declared, "You think this is dancing? Wait till you see the Salsa! That's when you will see dancing!"

Sp. Noel Larona and his

wife Amelia danced together on the grass before performing the Salsa on stage for the festival.

Their version of the Salsa was a cheerful, quick-stepping, hair tossing and breathtaking performance.

They preformed with such entusiasmo y amor del baile they created a desire for many of the youngsters to dance. Teenage girls took to the grass and partnered up showing the younger kids how it was done.

George Diaz, of Llegamos, asked the crowd where everyone was from, then topped them all by declaring, "I'm from the Bronx! Who else is here from the Bronx? No one? What about Brooklyn?"

A Spanish translator in the crowd named Liza, who preferred not to give her last name, said there were a dozen Latin countries represented at the Festival. Saying she could tell by accents and the shapes of faces, she said she saw and heard people from Santa Domingo, Haiti, Puerto Rico, Panama, Mexico, Peru, Argentina, Colombia, Ecuador, and El Salvador, Cuba and the Dominican Republic, but not a one from Spain.

Diaz only had this to say of Spain. "We don't need them anyway, do we?" To this the crowd was not nearly as

enthusiastic, offering a couple of boos.

Llegamos showcased several comedians, including "the one name wonder" as Diaz called him, Imagine, who kept the humor clean for the kids. Imagine was very funny, keeping the partys laughing and cheering, giving a nod to the "Two Soldiers I see over there, the ones with cameras! Give them a big hand!"

Victor Cruz enjoys his Hispanic heritage immensely, focusing on topics funny to adults and hopefully above the kids' heads, referring to J-Lo's

"obvious feature" he said, and assuring the crowd he appreciated Hispanic features like J-Lo's.

"I was kind of surprised at the lack of attendance because I expected there to be a lot more people. But there were a lot of people, I just expected more since we're the 'Two Soldiers I see over there, the ones with cameras! Give them a big hand!'"

But the performances the music and everything were just incredible. It was very well put together and wonderful. The word festival really fit it," said Shay Taylor a visitor to Fort Dix for the festival.

Fort Dix for the festival.



PLAY IT UP - Members of the band Bachata Azul fire up music from Argentina during the festival.

NEIGHBORHOOD

THE CORNER

The Sesame Street Experience coming to Fort Dix

"The Sesame Street Experience for Military Families," will be held Oct. 18 at 2 p.m. in Timmermann Center.

This is a ticketed event. Families of currently deployed Army personnel will have priority in receiving tickets. Family members are to contact their local Family Readiness Group, Hearts Apart or the Fort Dix ACS for ticket information. On Oct. 7 all unclaimed tickets will become available for other authorized users in this order: Military, Retirees then civilians.

A free, pre-show party will be held on Oct. 18 from 11 a.m. to 1:15 p.m. at John Mann Park. This event is only open to ticket holders. The party will feature free lunch, games, face painting, inflatables and more. For more information call 562-2767.

Chapel hosts seminar for married couples

The Fort Dix Main Chapel will host "The Marriage Course," an eight-session seminar designed to give all married couples practical tools to strengthen their relationships and enable their marriages to grow. There are no attendance fees, dinner and dessert are provided and child care is free. The seminar begins Oct. 8 at 6:30 p.m. For more information, or to register in advance, call Leona Rader, Army Community Service, at 562-5200.

Issues sought for AFAP Conference

The Army Family Action Plan Conference will be held Oct. 23 at Timmermann Center. Members of the Fort Dix community, Soldiers, employees, family members, residents and retirees are invited to let Army leadership know what works, what doesn't and what can be done to fix it. Please submit your comments to Fran Booth at frances.booth@us.army.mil.

Gymnastic, Cheerleading offered at Youth Center

Beginning Oct. 16 and Oct. 18, Gymnastics and Cheerleading classes will be offered at the Fort Dix Youth Center for ages 18 months to 18 years old. For more information call Child and Youth Services Central Enrollment Registry office at 562-4702.

Thrift Shop accepting fall clothing consignments

The Fort Dix Thrift shop is now accepting Fall clothing consignments. Consignments are accepted Tuesdays and Thursdays from 10 a.m. to noon. Appointments are also available by calling 723-2683.

The Thrift shop is open Tuesday and Thursday from 10 a.m. to 2 p.m., the first and third Saturday from 10 a.m. to 2 p.m. and the first Wednesday of the month from 3 p.m. to 7 p.m. For more information call 723-2683.

Alcoholics Anonymous meetings held weekly

Part of the mission of the Army Substance Abuse Program is to support 12 Step Programs in the community. There are two Alcoholics Anonymous meetings on Fort Dix.

A closed, members-only meeting is held every Tuesday night at Bldg. 9013 from 7:30-8:30 p.m. On Thursday nights, there is a meeting at the Main Chapel from 7-8 p.m. (use the 8th Street parking lot entrance; the meeting is in the lounge near Fellowship Hall).

There is no cost except the desire to stop drinking behaviors that are harmful to yourself and others.

If you or someone you care about needs help, these meetings are ANONYMOUS.

Contest names Dix stars

Lisa Evans
Public Affairs Staff

Operation Rising Star Fort Dix concluded Sept. 26 with a close contest between two chanteuses. Lt. Col. Denise McCleary of Joint Force Headquarters New Jersey Army National Guard edged out Senior Airman Melony McBride for the top prize and a chance to go on to the national competition. Staff Sgt. Jason Knight of the Mid-Atlantic Recruiting Battalion came in third.

"It's been a learning experience," McCleary said before the show. "It's helped me try some new music and I added some songs to my repertoire. I watched all of the American Idol and America's Got Talent shows. I think I have a good voice. I have just as good a voice as some of those singers. I feel pretty confident," McCleary said.

McCleary had already impressed the judges and audience with her opening song "Crazy" by Patsy Cline, the first night of the competition Sept. 12. Her winning song, Break It To Me Gently, the last night of competition started out a touch weak but she quickly overcame her nervousness and finished with heartbreak flowing through her voice.

For her final song judge Mikhael Lerer told McCleary, "I was impressed with the way you ended that song, with your voice. It was close to perfect."

McCleary was clearly delighted with the decision of the judges and audience.

Judge Alycia Lerer told McCleary, "I was impressed. You've come a long way. You're beautiful by the way."

McBride was unavailable because duty interfered, so she competed by

video. This in no way dampened the judges' opinions.

Judge Alycia Lerer had this to say about her performance: "She is exceptional. She is well on her way to a professional career."

"She did an amazing job. The vocals, presentation, presence, she did a great job," judge E.J. Marino said.

Knight was more philo-

sophical about the competition. "I think the competition is an opportunity for people with talent to show the community what they have to offer," he said.

"The experience was refreshing, good."

Refreshing wasn't a term the audience could apply to McCleary took tops honors at the final round of the Fort Dix Operation Rising Star contest Sept. 26.

McCleary worked the stage like he was born to it, melding his harmonica to the music. He brought T-bone Walker back to life with this rendition, belting out the words and taking the audience quite willingly down a lane of trouble and sorrow.

"I don't know if I should see you on Broadway or hear you on the radio," Alycia Lerer said to Knight.

Her husband Mikhael was a little

more enthusiastic when he said, "Today was a performance. It was really, really, really, nicely done. I wouldn't ask for my money back."

Sgt. First Class LeVar Curry did not place in the top three, but the audience and judges all agreed Curry had the most entertaining show.

Alycia Lerer told Curry, "If you're half as dedicated to your

country as you are to your music, you're good. You are definitely an amazing showman as far as performance is concerned. You've got my wheels turning but I don't know what to do with you."

Mikhael Lerer summed up the performance this way, "What is it? I think its entertainment, but can you sing well? Can you sing Opera? I don't know from your performance."

Curry was disappointed but in no way ready to quit. He said he has been writing poetry since he was 12 years old and the poetry started turning into music when he was 18. All he said of the competition was, "I wish they would have categories by talents and not just for singers. Almost more

like America's Got Talent, a broad spectrum."

This part of the competition may be over, but now the hard part begins for McCleary. Her video will be uploaded to the Operation Rising Star site on AKO.

Once all installations have completed the competitions and uploads, a panel of Army Entertainment and Industry Professionals will view all installation winner videos and score them. The scoring will identify 12 finalists who will be announced on Oct. 14.

Those 12 finalists will then receive orders to arrive at Ft. Belvoir, Va. Nov. 7 where they will make new videos that will air on Thursday, Nov. 13 on the Pentagon Channel at one p.m. eastern standard time (EST). A viewing audience will then vote via the internet to select the final winner. The final winner will be revealed during a live 30-minute satellite show on the Pentagon Channel at one p.m. EST on Friday, Nov. 14, 2008.

The grand prize winner will receive an all-expense-paid trip to Los Angeles for the singer and a guest for three days. There, the winner will receive vocal coaching, professional music arrangement and sound engineering to produce a CD. The winner and guest will also receive tickets to a late night talk show.

The second place winner in the overall competition will receive a \$1000 cash prize and the third place winner will take a \$500 cash prize.

So, Fort Dix and McGuire Air Force Base military members, families and employees, make time and watch the Pentagon Channel so you can vote for the next Operation Rising Star winner on Nov. 14.

ASTAR IS BORN - Lt. Col. Denise McCleary took tops honors at the final round of the Fort Dix Operation Rising Star contest Sept. 26.



Lisa Evans

Couple honored for service

Ryan Morton
Public Affairs Staff

For the Ulrich family, the latest recipients of the Army Community Service (ACS) "Volunteers of the Quarter" award performing volunteer work comes as naturally as getting out of bed in the morning.

John, a retired Navy Captain, has been volunteering within the Fort Dix and McGuire Air Force Base communities since the mid-1990's and his wife, Mildred (Mid) has been volunteering in the area since the mid-1980's.

But their volunteer work began long before they came to this area, especially for Mid. She began knitting scarves and sweaters for Soldiers during World War II, when she was 8 years old.

It has been estimated that Mid has donated more than 30,000 hours of volunteer service work in her lifetime.

During John's 33 years of service in the Navy, which concluded in 1985, Mid worked relentlessly with the Navy Relief Society (NRS) that works to provide financial help to Sailors and their families. Mid did volunteer work for the NRS throughout John's career in places such as Long Beach and San Diego, Ca., Boston, Mass., the Philippines, and Philadelphia, Pa.

Since John's retirement, Mid has continued her service work in the Dix/McGuire community, and when

John retired a second time, in the mid-1990's from his second career as a military contractor, he jumped on board too.

"Mid started bringing envelopes and paper work home to work on and got me to help out, and then I got hooked," said John.

This prompted John to get involved in other various organizations to help veterans groups such as Stand Down South Jersey, a program that helps homeless vets, and Sentinels of Freedom, a program that provides help for disabled vets and helps them find job opportunities, housing, Veterans Administration (VA) benefits, counseling, and physical therapy.

They also have volunteered and donated to McGuire's "Airman's Attic," a no-cost thrift shop for junior enlisted Airmen where donations such as furniture and appliances are given to those in need.

The Ulrich's also continue to volunteer at their Church, working in the food pantry.

"It's been wonderful and very rewarding to do this over the years, but the best part is meeting all the great people and making long lasting friendships," said Mid.

"If you look at the alternative to doing something like this, you end up sitting in front of the TV set turning into a vegetable," John said.

For the foreseeable future, the Ulrich's plan to continue their work at ACS, the church, and whatever other causes they feel might need a helping hand.



Ryan Morton

SUPER SERVERS- John and Mildred (Mid) Ulrich show off the plaques they received for being named Volunteers of the Quarter at the Army Community Services (ACS) building, Sept. 23. The Ulrichs have been volunteers at Fort Dix for over a decade. The duo offers their largess to a number of organizations besides ACS. They also support veterans groups such as Stand Down South Jersey, Sentinels of Freedom, and McGuire's "Airman's Attic," a no-cost thrift shop for junior enlisted Airmen, that donates items such as furniture and appliances are given to those in need.

Proclaiming an end to abuse



Military and community leaders signed the Domestic Violence Awareness Month Proclamation, Oct. 1 at McGuire Air Force Base. Putting their name on the proclamation are, from left, Mary Petrow, associate director for Providence House in Ocean and Burlington Counties, Navy Capt. Phil Beachy, commanding officer, Lakehurst Naval Air Engineering Station, Army Col. Ronald Thaxton, Fort Dix installation commander, and Air Force Col. Scott Smith, vice wing commander, 305th Air Mobility Wing.

Ryan Morton

Liaison links schools, military families

Lisa Evans
Public Affairs Staff

School Liaison Officer Sharon Gardner has many responsibilities for military families living on Fort Dix. In compliance with the Army School Liaison Program of 1999, Gardner is the educational expert for the installation commander on matters relating to schools serving military families assigned to the installation.

Gardner said, "I absolutely love what I do for military families and children." Gardner liaises with personnel from many schools, school aged services, child and youth services, home schooled families, the 4-H, post secondary education services and sponsorship activities for teens and parents. In accordance with the Army's in and out-processing protocol, Gardner gives parents information on making a smooth school transition by providing information regarding the requirements for school

attendance. She offers advice to parents on what the schools have to offer, what programs will help their child, and ways for their child to quickly meet new friends.

"As the military becomes more aware of the transition process and how it affects children," Gardner said, "the importance of my job becomes greater."

The main point of her job, Gardner said, is to be a bridge for the student's move to go smoothly. She takes calls from military overseas as they receive new orders. She will assist any parent, but believes that giving them the information for whatever question they may have is important. Gardner keeps a complete and up-to-date list of all contact numbers for families moving into a new school district.

"I think I'm really suited for this job. This job is a culmination of my educational background and my desire to help children navigate the educational process," Gardner said. Gardner brings a wealth of

education to the job. She has a bachelor's degree in Economics and Family Studies from Cornell University and a master's degree in Quality Management with a concentration in Social Services. She also has certification as a teacher from the State of New Jersey.

"The most important thing for me is not any of that," she said of her education. "It's just my passion for children."

Her favorite quote is one by Benjamin Franklin: Tell me and I forget; Teach me and I remember; Involve me and I learn. Gardner said we bring out the best in each child when we engage them in the process of independent thinking.

"I am trying to get military families and their children access to education whether it is public school, home school, private school, religious school or whatever it is, I can help," Gardner said.

Gardner is dedicated to improving the lives of military children and giving them the recognition they receive. To facilitate choices for parents,

she has begun a home schooling project for families who wish to home school. The first meeting is Oct. 14 at 11 a.m. at the Youth Center.

"It's about the recognition that military kids serve, too, and how they serve. They give up their schools, their friends and the comfort of all of that," Gardner explained.

Another aspect of her job is the mentorship program with Helen A. Fort Middle School. Gardner trains volunteers to act as mentors to children. Usually, the volunteers are military members who build a relationship with students. This relationship helps students with studying and applying themselves to their educations.

The mentorship program is primarily focused on Helen A. Fort Middle School, but Gardner has gotten requests from other schools in the district and is trying to fill those requests as well. She is currently putting a class together and said mentors are greatly needed.

"I am here to assist military families. I am here to be the



Lisa Evans

ON THE MOVE — Sharon Gardner, School Liaison, works with military children to ensure they receive the education and recognition they deserve for their sacrifices and contributions as part of the military community.

subject matter expert for the command group. I am here to connect families to schools and to the community," Gardner explained. "I love the job. And as the responsibilities expand, the challenge is so welcome. It

just fills a passion."

Gardner works at Child and Youth Services Headquarters. She can be reached at (609) 562-6271, DSN 944-6271, fax (609) 562-2285 or e-mail at: sharon.r.gardner@us.army.mil

Soldiers get send off with yellow banners



Col. Paul Dicker, commander, and Sgt. 1st Class Patrick McDonald, acting first sergeant, prepare to hoist the yellow banner for the 351st Civil Affairs Command Detachment 2, Sept. 29. The unit, from Mountain View, Ca., just completed training at Fort Dix.

—Ryan Morton



Command members of the 320th Military Police Battalion, Ashley, Pa., hold their unit's Yellow Banner during a ceremony at Infantry Park Sept. 26. From left, 1st Lt. Eric Bernazani, headquarters and headquarters company commander, Col. Gary Carlson, battalion commander, Sgt. Maj. Walter Balkiewicz, and 1st Sgt. Frank Lewis, will lead approximately 170 Soldiers as they deploy to Iraq.

Wayne Cook



Wayne Cook

Graduation gathering

The Chemical, Biological, Radiological, Nuclear, Explosive Defense Course class 12-08 graduated Sept. 26. Graduates are, back row, from left to right - Staff Sgt. Robert Burris, Sgt. Murray Harrison, Spc. Matthew Emelett, Sgt. 1st Class Allen Albertson, Staff Sgt. Bryan Daubenmire, Master Sgt. Joe Collins, and Warrant Officer Matthew Keppler. Front row, left to right - Spc. Seth Fishlin, Sgt. 1st Class Darrell Banks, Spc. Kristiane Reger-Johns, and Sgt. Adam Oed.

Flu vaccines prepared

Jennifer Chupko
Public Affairs Staff

With October just around the corner, flu season can't be far behind. According to the Mayo Clinic, now is the time to prepare.

What we commonly call the flu, is caused by the influenza virus. Anyone can get the flu, but rates of infection are highest among children.

For most people, the flu lasts only a few days when properly treated.

The influenza virus can cause fever, sore throat, chills, fatigue, cough, headache, and muscle aches.

For most people the influenza vaccine prevents serious flu related illness. However, it will

not prevent "flu-like" illnesses caused by other viruses.

According to the Centers for Disease Control, flu outbreaks can occur as early as October, but flu activity peaks in January or later.

During the past 26 flu seasons, months with the heaviest flu activity (peak months) occurred in November for one season, December for four seasons, January for five seasons, February for 12 seasons, and March for four seasons.

In attempts to stop a flu outbreak, the flu vaccine is distributed between October and mid-November. The Mayo Clinic recommends getting the influenza vaccine in these months if possible.

However, getting vaccinated in December, or even later,

can still be beneficial.

The injectable vaccine has been currently replaced a nasal spray FluMist vaccine at Fort Dix.

FluMist is a needle-free flu vaccine that is a mist delivered through the nose, where the flu virus usually enters the body. It offers similar protection, but is recommended only for healthy people between the ages of five and 49.

Those age of 50 and over are advised to get the injection.

The vaccine is currently being offered to active military at the 305th Medical Group on McGuire Airforce base according to the Immunization Department.

It will soon be open to civilians when the FluMist arrives. The estimated time of arrival is not yet known.

The Joint Readiness Center (JRC) supplies and distributes the influenza vaccine only for Soldiers.

In mid-October, flu shots will be available free-of-charge to all veterans, as long as they have their veteran identification card.

According to Mike DeAngelis, CVS pharmacy spokesperson, CVS pharmacy will begin to administer flu vaccinations, on a walk-in basis, starting Oct. 1.

These vaccinations will not be the mist brand and are only available in stores with Minute Clinic departments. The cost of the flu shot is \$30.

To find the nearest CVS pharmacy that has a Minute Clinic department, DeAngelis says to call 888-FLU-SHOT.

Updates on the availability influenza vaccine distribution on Fort Dix will soon be finalized.

As these plans develop, the public will be notified.

Moved from Page 3

Deployments

(continued from page 1)

— 1st Brigade Combat Team, 82nd Airborne Division, Fort Bragg;

— 3rd Stryker Brigade Combat Team, 2nd Infantry Division, Fort Lewis;

— 4th Brigade Combat Team, 1st Infantry Division, Fort Riley, Kan.;

— 115th Fires Brigade, Cheyenne, Wyo.

The Wyoming Army National Guard's 115th Fires Brigade is made up of artillery battalions and batteries and will be assigned tasks to ensure freedom of movement and continuity operations throughout the country. This includes route clearance operations, searching for roadside bombs and escort security for supply convoys, Whitman said.

The six brigade combat teams are scheduled to deploy as part of DoD's continuing commitment to maintain the current projected level of forces in Iraq, which is 14 brigade combat teams, he said.

"There are no dwell-time issues," he said, referring to the amount of time at home these units will have had since their last deployment. Today's announcement is consistent with President Bush's recent announcements to reduce Iraq troop levels, Whitman added, though a possibility exists for any of the brigade combat teams to be re-tasked for Afghanistan deployments.

Based on future decisions and recommendations from ground and combatant commanders, Iraq troop numbers and security efforts will be adjusted accordingly, he explained.

MILITARY MATTERS

Military calls for donated cell phones

Jennifer Chupko
Public Affairs Staff

In an ongoing program, the Fort Dix Army Community Service (ACS) is seeking donations of wireless phones for the Cell Phones for Soldiers program. This program helps to connect United States military troops overseas to their friends and family by exchanging the phones through AT&T for prepaid calling cards. The cards are then given to our deploying Soldiers.

The Cell Phones for Soldiers program was founded in April 2004, by 13-year-old Brittany Bergquist and her 12-year-old brother Robbie, of Norwell, Mass. After hearing a news report about a local Soldier who ran up a massive phone bill calling home from Iraq, the duo decided they wanted to do something to help.

Fort Dix's ACS and McGuire Air Force Base's United Service Organizations (USO) are lending a hand. They are collecting unused cell phones, along with the battery chargers, and sending them to Cell Phones for Soldiers.

"We received some prepaid calling cards just last month,"

said Bonnie Reed, ACS Deployment Mobilization Readiness and Program Manager. "They were given to a National Guard deploying troop."

"We're asking Americans to make a small sacrifice of support by donating their unused cell phones, providing families with a much-needed connection to their loved ones overseas," said Brittany Bergquist.

The Massachusetts-based program receives the phones and sends them to ReCellular, a company out of Michigan, where they are recycled for cash and the proceeds are used to purchase prepaid calling cards for our Soldiers serving in the Global War on Terrorism.

"We send cards to every branch of the military. We have people requesting calling cards through our website, both for individual Soldiers overseas and groups that send care packages to the troops, or distribute cards to deploying troops. We also have troop leaders stationed overseas who request cards to hand out to their entire unit," said Kimberly Shell, ReCellular Program Coordinator.

Approximately half of the phones ReCellular processes

are reconditioned and resold to wholesale companies in over 40 countries around the world.

"I was in the Oklahoma City airport going to Korea and the USO was handing the cards to anyone who wanted them," said SPC. James Bain, Mobilization Readiness Battalion Headquarters, Headquarters Company. "It really saved us money. It was nice to know we could call home and it gave us a way to get in touch with family."

Cell Phones for Soldiers has raised almost \$1 million since the program began. The Bergquists hope to turn old cell phones into 12 million minutes of prepaid calling cards in 2008. This would require the donation of 15,000 mobile phones a month.

"We have been overwhelmed by the generous support of thousands of Americans who have helped our troops speak with their loved ones," says the teens' father, Bob Bergquist.

"However, the need for support keeps growing as more Soldiers are sent to the Middle East or are asked to serve extended tours of duty."

The goal for 2008 is to get 12 million minutes for prepaid calling cards through the cell

phone donations. Through increased fundraising, the Bergquist family hopes to raise more than \$9 million in the next five years.

This is to fund new programs such as providing video phones and prepaid service to allow Soldiers abroad to see their families on a regular basis.

On McGuire Air Force Base

the collection point is at the USO Operations Office. "The phones need their chargers and every phone comes with one," said M.J. Flammer, Operations Manager.

"They should be put in a bag and dropped off here at the USO. We have plenty of boxes to be filled!" she said.

"We are proud to support our Soldiers over-seas," said

Flammer. "It is a worthy cause with great benefits."

Cell phones can be dropped off at Fort Dix Army Community Service (ACS), 6043 Doughboy Loop, 609-562-3353 / 609-562-2741 and McGuire Air Force United Service Organizations (USO) 1706 Vandenberg Avenue.

For more detailed information call (609) 754-3459.



courtesy photo

SOLDIER PHONE HOME -- Military members benefit from prepaid calling cards that are purchased from funds earned by recycling old cell phones.

Dental clinic staff serves with a smile

Jennifer Chupko
Public Affairs Staff



Jennifer Chupko

BURKHOLDER'S ANGELS -- Mills Dental Clinic Dental Assistants, from left to right, Cheryl Antolovich, Joanne Jantas, Kieth Gosha, Sr., Denise Williams, Sheryl Moore, show off their smiles that have set Soldiers at ease while helping to put smiles on their patients.

The Fort Dix Mills Dental Clinic consists of half a dozen dental staff members who go above and beyond their duties to truly care for their patients.

Whether active duty, contracted employee, or part-time personnel, they all have the desire to provide Soldiers the utmost in care before sending them off to war.

The dental clinic prepares Soldiers for the War on Terrorism, but the dental assistants do more than work with teeth - they go the extra mile to provide the highest attention.

Warrior Transition Unit (WTU) Soldiers receive their preliminary dental exams at the post's Joint Readiness Center (JRC) by two dental assistant rotations. Soldier's that require orthodontic surgery are brought to the Mills Dental Clinic for further treatment.

Joanne Jantas, Sheryl Moore, Denise Williams, Cheryl Antolovich, Ebony Bates, Julie Cardinas, and Keith Gosha, Sr. are the Mills Dental Clinic angels.

"For Soldiers that are getting surgery, they can't eat for six to eight hours before surgery," said Williams.

"Between those times, the time in surgery

and then recovery period, the Soldiers don't eat for ten to twelve hours."

After surgery, a patient is limited to soft food meals. The assistants bring food like applesauce, jello and pudding from home and treat the mobilized Soldiers like their own sons or daughters.

Not only do the assistants fulfill the job requirements, the team prepares the comfort food straight from their own kitchens.

"These Soldiers don't have family here," said Jantas.

"I have a son in the military about to be deployed and when I look at these Soldiers I think of him," she said.

Dental assistants work closely with and under the supervision of the clinic's dentists. They interact with the patients and are happy to oblige any of their needs.

Dr. (Col.) Ronald Burkholder, chief of Restorative and Preventive Dentistry, says that the staff is friendly and a good team.

He ensures they always have a break-room packed with foods and healthy treats.

The assistants say that the extra energy keeps them going.

"If we can put a smile on a Soldier's face, then it is all worth it," said Jantas.

"We are happy to work with Soldiers that serve our country."

New program assistant joins Center staff

Jennifer Chupko
Public Affairs Staff

The Fort Dix Youth Center welcomed a new member to their team in September. Lavanda Jones, lead child and youth program assistant, is enjoying her new job as both mentor and educator.

Jones and her family transferred to McGuire Air Force Base from Warner Robbins Air Force Base in Georgia and now reside on Fort Dix.

The Jones' have a son 16, and daughter 11, who both do

their homework at the Youth Center.

"I like working with all the kids," she said. "The Youth Center is a quiet area for them."

"I like working with all the kids," she said. "The Youth Center is a quiet area for them and offers them support for their education."

and offers them support for their education."

Jones brings sixteen years of experience in child development to the Youth Center

where she hopes to use it to help the youth to grow into productive and concerned members of their communities.

Beginning her child development career as a family care provider, she enhanced her career as a school para-professional and then became a kindergarten teacher molding the youngest of minds.

"Even though I was working with younger children, my expertise helps these kids that are older," she said.

Jones is currently working on her master's degree in Early Education as a full time student at the University of Phoenix.

She also has a bachelor's degree in Individualized Studies with a concentration of Early Childhood Development from Charter Oaks College.



IF YOU LEAD THEY WILL FOLLOW -- Lavanda Jones, lead child and youth program assistant, provides guidance to the children at the Fort Dix Youth Center as they learn how to put a newspaper together. Jones brings over 16 years of experience working in child supervision, mentoring and education with her to the center. She joined the Youth Center staff in September. A mother of two, Jones' children use the center to do their homework.

Jennifer Chupko

Economic stimulus payment still available to be claimed

Nancy Holman
Staff Judge Advocate

If you have not yet filed a tax return to get your stimulus payment, you still have time to do so, but you must file by October 15, 2008 to receive the stimulus payment.

You are eligible if you or your family has at least a combined \$3,000 in qualifying earned income.

Social Security benefits, Veterans Affairs benefits, or Railroad Retirement benefits.

Supplemental Security Income (SSI) does not count as qualifying income for the stimulus payment.

You and any family members listed on your tax return must have valid Social Security numbers. You may not be a dependent or eligible to be a dependent on someone else's federal tax return.

If you are an eligible individual you will receive between \$300 and \$600 total. Joint filers will receive between \$600 and \$1,200.

Those with eligible children

may receive an additional \$300 for each qualifying child. To find out how much you might be eligible for, use the IRS Economic Stimulus Calculator at www.irs.gov/app/epsc.

In order to claim your payment, you must complete a federal tax return this year (2008) for the 2007 tax year. For instructions, see a sample Form 1040A and a blank Form 1040A at www.irs.gov/pub/irs-pdf/k1040a3.pdf.

If you prefer, use the longer Form 1040 and its instructions. When filing the return, be sure

to choose direct deposit or paper check. You can get your payment electronically as a direct deposit into your checking or savings account by filling in lines 44 b, c and d on Form 1040A or lines 74 b, c and d on Form 1040.

Select payment in the form of paper check by leaving those lines blank. Whether you have already filed, have yet to file, or filed for an extension, you can check your stimulus payment status by going to www.irs.gov/individuals/article/0,,id=181665,00.html.

Constitution Week celebrated at SAS



Ryan Morton

BINGO — April Gentry, School Age Services (SAS) program assistant, helps from left, Xavier Mahadoon and Taaj Trotter during Bill of Rights bingo, during "Constitution Week" festivities, Sept. 23.

Ryan Morton
Public Affairs Staff

Kids from Fort Dix's School Age Services (SAS) rang their bells loudly as they celebrated the anniversary of the signing of the U.S. Constitution, Sept. 23 as part of "Constitution Week." To mark the occasion the kids rang bells for 221 seconds, each second marking one year of the Constitution's existence.

Leading the festivities was Kassie Regen, a member of the "Daughters of the American Revolution." The "Daughters"

is an organization comprised of people who can trace their family lineage back to the Revolutionary War. Those members reach out to communities to teach children the significance of the U.S. Constitution and what it stands for.

"With this event and Kassie coming in, it helps the kids gain a knowledge of the Constitution that they probably would not have had and I think it also helps them gain that kind of knowledge in more of a fun kind of way," said Marie Poci, SAS program lead.

The kids also read the Preamble to the Constitution, saw

an actual proclamation signed by Pemberton Mayor David Patriarca, recognizing the patriotic celebration, and enjoyed a game of "Bill of Rights" bingo.

"In terms of this being a military installation and having people fighting for us now, the Constitution Week helps reinforce the actual writing of what the Constitution stood for then and continues to stand for today," Poci said.

The event concluded with the kids receiving spinning tops, T-shirts, and magnets bearing an image of the American Flag.

Coverage continuation available with COBRA

Capt. Nick Mitchell
Judge Advocate

Congress passed the Consolidated Omnibus Budget Reconciliation Act (COBRA) health benefits provisions in 1986. The Law requires most group health care plans to provide temporary continuation of group health coverage that otherwise might be terminated.

COBRA requires continuation coverage to be offered to covered employees, their spouses, former spouses, and dependent children when group health coverage would otherwise be lost due to death of a covered employee, termination, or reduction of hours of a covered employee's employment for reasons other than gross misconduct, divorce or legal separation from a covered employee, a covered employee becoming entitled to Medicare, and a child's loss of dependent status under the health plan — all being termed qualifying events under COBRA.

An employee's COBRA payment is ordinarily less expensive than individual health coverage. While COBRA continuation coverage must be offered, it lasts only

for a limited period of time. COBRA generally applies to all group health plans maintained by private employers (with at least 20 employees) or by state and local governments. COBRA does not cover plans that provide only life insurance or disability benefits.

Group health plans must provide covered employees and their families with several notices explaining their COBRA rights.

When the qualifying event is the covered employee's termination of employment or reduction in job hours, then the maximum COBRA coverage is 18 months. All the other qualifying events are 36 months of COBRA coverage (which can be altered to less than 36 months if an employee is entitled to Medicare before the qualifying event).

COBRA coverage can be terminated earlier than the end of the maximum period of coverage if premiums are not paid in full in a timely manner, or the employer ceases to maintain any group health plan.

For further information about COBRA, telephone (toll free) 1-866-444-3272 to contact the Employee Benefits Security Administration (EBSA) regional office nearest you, or check the EBSA Website at www.dol.gov/ebsa. (Federal employees are covered by a federal law similar to COBRA and should contact their personnel office for more information on temporary extensions of health benefits.)

The
SESAME STREET experience
for
Military Families
Brought to you by USO and Fort Dix Family and Morale, Welfare and Recreation

Saturday 18 October 2008

Pre-show Party 1100-1315
John Mann Park (Behind Bldg. 6045 and 6054 Doughboy Loop)

Pre-Show Party Highlights
FREE Lunch
Carnival Games, Face Painting,
Inflatables and MUCH MORE!

AND

Sesame Street Experience 1400
Timmermann Center Bldg. 5441 8th Street
Program Highlights
Free Admission to the show
give-a-ways and MORE!

Tickets are available through your local FROGHearts Apartment Group.
Reservations MUST BE made prior to 9 October.
For more information call: (609) 562-2767

Help makes Lands Day grow

Jennifer Armento
Fort Dix Natural Resources

Over 80 volunteers braved the weather Sept. 27 to lend a hand at Fort Dix's Public Lands Day.

Local scout groups, as well as military and civilian families, joined together to remove countless invasive plants at Lake of the Woods.

Volunteers also helped restore eroding banks at Amphibious Lake by installing erosion mats and biologs, planted over 1,500 native grasses, shrubs & aquatic herbs, and removed truckloads of litter.

Col. Ronald Thaxton, installation commander, joined volunteers at Lake of the Woods to thank them for all of their hard work and congratulated them on a job well done.

Fort Dix Environmental & Natural Resource staff also educated volunteers on the importance of using native plants and taught them about implementing methods to stabilize eroding lake shorelines.

Each volunteer received a t-shirt donated by the Fort Dix Outdoor Recreation Center.

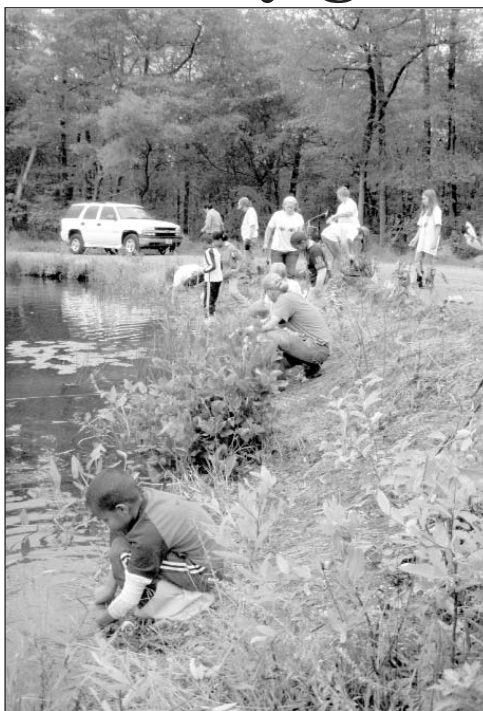
The American Red Cross was on hand to provide snacks and drinks for the day.

At Lake of the Woods, volunteers also got the chance to witness newly hatched redbelly turtles dig their way out of the nest and journey to their new homes in the water.

All in all, Public Lands Day volunteers contributed a whopping 450 man-hours worth of work to help make two of Fort Dix's most popular recreation areas even better.



photos by Jennifer Armento



HELPING HANDS - Volunteers braved the rainy weather to help clean outdoor areas during National Public Lands Day, Sept. 27. The Kirkland Family, along with Katrina & Jayson Harayda, above left, remove trash from the training area surrounding the Lake of the Woods. Boy Scout Troop 18 from McGuire and Troop 112 from Cookstown, left, install erosion control matting, biologs, and native grass plugs on a steep eroding area of Amphibious Lake, while Tracey Switek, above, leads a group of volunteers in planting an eroded shoreline to stabilize the bank of the lake. The volunteers donated 450 man-hours worth of work to help make two of Fort Dix's most popular recreation areas even better.

Banded amphibians call Dix home

Jennifer Armento
Fort Dix Environmental Division

The marbled salamander (*Ambystoma opacum*) is one of the smaller species in the Ambystomatidae family. It reaches an adult length of approximately 9-11 centimeters. It is sometimes called the banded salamander, because of its white or light gray cross bands across the head, back, and tail. The males are smaller than females and have silvery white cross bands. Females are larger and have silvery gray cross bands.

Marbled salamanders are largely terrestrial and generally occur in deciduous to mixed woods of the southern hardwood type, dominated by oak and hickory species with white pine. They can live in a variety of habitats including moist, sandy areas and dry hillsides. They hide beneath surface materials such as logs, bark, boards, stones, and drift material piled up along the margins of streams. Wooded vernal pools or shallow depressions - pools that have no above ground outlets and dry up in late summer - are required as breeding sites, making this an 'obligate vernal pool' species. Unlike most other mole salamanders, this species does not breed in water. Adult marbled salamanders breed only in dried up pools, ponds, and ditches. The females

lay their eggs under the leaves in these dried up pools. The eggs hatch after the ponds refill.

Unlike most others in this family, *Ambystoma opacum* has a very unusual reproductive strategy. Instead of breeding ponds or other permanent water sources in spring months, the marbled salamander is a fall breeder and breeds entirely on land.

After finding his mate, the male will court with the female, often moving in a circular fashion with her. After mating the female will venture off and select a small depression in the ground. This depression is usually a reduced pond, or dried bed of a ditch or temporary pond. The female will lay a clutch of between fifty and one hundred eggs. Once deposited, the female will remain with them to keep them moist until nests are flooded. As soon as the autumn rains come the eggs will hatch in the depression they were originally laid in. If rain is delayed, the eggs will remain dormant through the winter, if temperatures do not fall too low, then hatch the following spring.

Once hatched, the gray-colored larvae grow extremely quickly. They feast primarily on macrozooplankton. Large larvae, however, will eat amphibian larvae and eggs. Young juveniles are approximately five centimeters long and attain sexual maturity in about 15 months after metamorphosis.



courtesy photo

WITH THE BAND - An adult marbled salamander scurries across fallen leaves, while the salamander in larval form, right, floats through a pond. The salamander is also known as the banded salamander because of the dark and light gray bands across its body.



Mike Dunn

Redbelly turtles bring life to ponds

Jennifer M. McCarthy
Public Affairs Staff

Fort Dix teams with a variety of wildlife. Redbelly turtles are just one of a number of species that call the area ponds home.

In June, a large, female redbelly turtle crawled out of Dogwood Pond on Maryland Ave., crossed the street, and deposited her clutch of eggs behind the Public Affairs Office (PAO).

For 12 weeks, a blue, overturned milk crate protected the buried eggs from lawn mowers and predators, and on Sept. 11, ten silver dollar-sized baby turtles emerged from their underground nest.

While the snapping turtle is New Jersey's largest turtle, the redbelly turtle (*Pseudemys rubriventris*) is the largest basking turtle in the area. From March through October they can be seen lazing about in the sun on rocks, by or in, the water.

The redbelly turtle is identified by the red-orange plastron or, under shell. It has reddish

markings on a dark upper shell, or carapace. The turtle measures from 10 to 15 inches long. The carapace is low, not keeled, except in very young turtles. The shell is oval and slightly wider towards the rear. Vertical reddish lines are typically found on the side sections of the female's shell while males have a more mottled pattern. Many large adults, particularly in southern New Jersey, are highly melanistic, meaning they tend to be all-black, but even these may still show some faint reddish markings when wet. The hingeless, red-orange plastron is often marked with large gray blotches that fade with age. Whitish-yellow stripes are apparent on the head and neck of younger individuals.

These turtles can be found in ponds, lakes, rivers, streams, ditches, and brackish marshes. They are often seen basking on the rocks by ponds from March through October.

Redbelly turtles are common throughout all of southern New Jersey and in Mercer, Monmouth, Somerset, and southern Middlesex counties.



JUST FOR THE 'SHELL' OF IT - A female redbelly turtle lays her eggs behind the Public Affairs Office, in June. Twelve weeks later, the first of ten baby turtles emerges from their underground nest. The baby turtles, about the size of silver dollars, were aided to the shores of Dogwood Pond by the staff of Public Affairs. At right, one of the tiny turtles takes its last few steps before plunging into the water. Redbelly turtles are the largest basking turtles in New Jersey. They can often be seen in Summer months, sunning themselves on rocks in the ponds around Fort Dix.



photos by Carolee Nisbet



Chaplains' Corner

Chap. (Maj.) Allen Raub
Installation Staff Chaplain

"Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another-and all the more as you see the Day approaching." Hebrews 10:25

According to the National Institute for Health Care Research, one of medical research's best-kept secrets is that churchgoing helps individuals achieve better mental and physical health. A review of more than 80 studies over the last 100 years linked lower rates of depression with religious participation.

Persons who are involved in a religious group and highly rated their religious faith

were at a substantially reduced risk of depressive disorder, while people with no religious link may find their major depression raised by as much as 60 percent.

Review authors Michael McCullough, Ph.D., of Southern Methodist University and David Lawson, MD, MSPH, president of International Center for the Integration of Health and Spirituality (ICHS), agree that a lack of organizational religious involvement leads to a 20-60 percent increase in the odds of experiencing a major depressive episode.

Religious communities often provide a life-changing network of social supports. The relationships gained from church attendance act as supports which have a positive impact on health. Data from a 1986 National Institute on

Aging entitled "Americans' Changing Lives" found that frequent church attendees had social support networks almost three times as large as non-church attendees, whom they could call on for advice or help if needed.

Religious participants find a caring community of believers with whom they develop close personal ties and these close personal ties in turn have a positive impact on health. "Valuing one's religious faith as centrally important and actively belonging to a religious group may give spiritual roots that provide meaning and support for others. This creates anchors of hope, which might protect against depression," said Lawson.

Military families may find their social support networks disrupted every two to three

years because of a permanent change of station or frequent deployments, but chapel and church communities provide a friendly, ready-made social support network at the new military installation.

Fort Dix Installation Chapel communities offer numerous opportunities for worship and fellowship for civilians, military members and their families. Chapel communities also offer fellowship and ministry for all ages.

Becoming involved in a supportive and caring chapel or church community will have many spiritual benefits in a person's life, not to mention health benefits.

Visit a chapel or church and become involved. You will begin to reap all the benefits of religious participation.

Faith groups all share common denominator

1st Lt. Antonia Greene
72nd FA Public Affairs

Soldiers, civilians, and family members of all faiths gathered at Club Dix for a prayer luncheon sponsored by the 72nd Field Artillery Ministry Team Sept. 30.

Hosted by the 72nd Field Artillery Brigade Mobilization Cell, the event theme was unity in prayer. The theme was certainly fitting during a time of national hardship, coming together – uniting in one accord – to pray and break bread, reassuring everyone in attendance of the power of prayer.

Chap. (Lt. Col.) David Hunter, 72nd Field Artillery Brigade, gave the invocation and asked the fellow worshippers what they all have in common.

"The common denominator in faith groups around the world is that we all pray," said Hunter.

Although the luncheon marked the last day of Ramadan and welcomed the Jewish New Year or Rosh Hashanah; the celebration focused on one common origin – in God we all trust.

Invited to the luncheon were installation service members and civilians, training support brigade Soldiers and family, and three honorary guests. Three chaplains – Chap. (Capt.) Steven Sudduth, 306th Military Police Battalion,

Chap. (1st Lt.) Stephen Taylor, 338th Military Intelligence Battalion, and Chap. (Capt.) Randy Fannin, 15th Psychological Battalion, currently mobilizing at Fort Dix for upcoming missions in support of Operation Iraqi Freedom – each offered a prayer for unity and partook in the three-course meal, complete with carrot cake.

The luncheon also included readings from the scriptures and songs of praise and nationalism.

The special speaker, Chap. (Col.) Wayne Kirk, deputy installation chaplain, elaborated on the need for our nation to unite during a time of national emergency.

His sermon related the time of Jehoshaphat, from the Old Testament, to the current economic crisis our nation is facing today. He stressed three points all people can relate to, regardless of religious denomination.

First, he spoke of the power of assembly – how people unite together when challenged by adversity.

Second, he focused on the commonality of passion – when people unite for one cause – how it can gain momentum and influence an entire nation.

Finally, Kirk called for confession. He reminded his congregation of the impedance of humanity and how all people should revere God's omnipotence.

Kirk also incorporated examples from American history when national leaders united Americans through prayer.

He cited Benjamin Franklin's 1789 speech before the Continental Congress, where Franklin credited the power of daily prayer and how people sometimes need to leave "God to govern the affairs of men."

He also referenced Franklin Delano Roosevelt's 1944 D-Day radio speech – a powerful prayer where the President asked that God protect American, British and Canadian troops fighting to establish beach heads on the coast of Normandy.

Col. Timothy Williams, commander, 72nd Field Artillery Brigade, presented Kirk with a certificate of appreciation for his devotion to the Chaplain Corps and dedication to the Soldiers training at Fort Dix.

Kirk concluded with a passage of renewal from 2 Corinthians and reiterated, "Our faith and trust is not in Wall Street, but in you Lord, our rock and our salvation," said Kirk.

Chap. (Capt.) Anthony Cook, deputy brigade chaplain, 72nd Field Artillery Brigade, led the closing prayer, encouraging all in attendance, to join hands and pray for the safety of the chaplains going down and for all service members serving our nation.

Honoring the Colors

Reveille
6 a.m. (0600 hours)

Military personnel in uniform

Stand at attention, face the flag and salute at first note.

Military personnel not in uniform, civilians

Stand at attention, face the flag and place right hand over heart at first note.

Military personnel in formation or in a group

Senior Soldier calls group to "Attention," then "Present, Arms" at first note. Calls "Order, Arms" at conclusion.

Individual military personnel, civilians in a vehicle

Stop vehicle and exit. Follow steps above.

Group of military personnel in a vehicle

Stop vehicle. Individual in charge exits and follows steps above.

Retreat
5 p.m. (1700 hours)

Stand at attention, face the flag for Retreat, then salute at first note of To the Colors.

Stand at attention, face the flag for Retreat, then place right hand over heart at first note of To the Colors.

Senior Soldier calls group to "Attention," then "Parade, Rest" at first note of Retreat. Calls group to "Attention" and "Present, Arms" at first note of To the Colors, then "Order, Arms" at conclusion.

Stop vehicle and exit. Follow steps above.

Stop vehicle. Individual in charge exits and follows steps above.

Other bugle calls heard on post are:

Tattoo.....9 p.m. (2100 hours)
Call to Quarters.....9:30 p.m. (2130 hours)
Taps.....10 p.m. (2200 hours)

SPORTS

Dix Soldiers head to Big Apple for run

Wayne Cook
Public Affairs Staff

Approximately 50 Soldiers from Fort Dix traveled to New York City Sept. 28 to participate in the annual Tunnel to Towers Run.

The Tunnel to Towers Run was established in 2002 and is a memorial 5-kilometer run held in tribute to the memory of the heroic life and death of New York firefighter Stephen Siller, his 342 New York Fire Department brothers, and all 9-11 victims and military members who have lost their lives in support of the Global War on Terrorism.

As its title implies, the run begins on the Brooklyn side of the Brooklyn - Battery Tunnel and ends at the site where the Twin Towers once stood.

This year, more than 15,000 people from across the country and around the world ran to honor the memory of Siller and all the other heroes who fell that day, and since.

More than 100 firefighters

from London, England flew over to participate and show support for their American comrades.

Hundreds of military members representing every branch of the military showed up to run, either individually, or as members of units.

Firefighters representing stations from across America and England ran in full turnout gear, a task made doubly hard by the cumbersome gear and the high humidity.

Sgt. Maj. Ricky Orange, Mobilization Readiness Battalion, and Maj. Denise Wurzbach, commander, A Company, MRB, led the Soldiers from Fort Dix, who ran in formation - the United States and Installation flags at the front, held high.

A steady rain could not diminish the high spirits of the runners and walkers as high school bands and college and high school cheerleading squads lined the route, encouraging the runners as they passed by, letting them know how much they were appreciat-

ed. Thousands of well-wishers joined the bands and squads along the streets and paths.

At the end of the course, nearly two dozen members of the New York Fire Department's Fire Riders Motorcycle Club cheered the participants to the finish line.

The FDNY Pipe and Drum Corp led a procession of 344 FDNY firefighters in Class-A uniforms from the tunnel to the finish line area - the first firefighter carrying a fireman's helmet with the number 343 on it, flanked and followed by 343 firefighters carrying banners depicting photos of each fallen firefighter from that infamous day.

Other firefighters carried United States flags.

Former New York City Mayor Rudy Giuliani addressed the masses and thanked the firefighters for their outstanding work and continued sacrifices in their day-to-day operations and lives, and also the run participants for their support of the event.



photos by Wayne Cook

RUN TO REMEMBER - Sgt. Maj. Ricky Orange, Mobilization Readiness Battalion, far left in above photo, and Maj. Denise Wurzbach, commander, A Company, MRB, lead Soldiers from Fort Dix in the Tunnel to Towers 5k Run in New York City, Sept. 28. Approximately 50 Soldiers from Fort Dix, left, traveled to New York City to participate in the run. The event was established and organized in 2002 as a tribute to the memory of New York Firefighter Stephen Siller and 342 of his comrades, and other heroes who made the ultimate sacrifice to save others on Sept. 11, 2001. Approximately 17,000 participants ran in this year's run which raises money for children's charities. Former New York City Mayor Rudy Giuliani was on hand at the event, and addressed those in attendance.



Ryan Morton

Something fishy

Roger Myers, LAP World Services, restocks Fort Dix's Lake of the Woods with trout, Sept. 29.

Lake to irrigate course

Ryan Morton
Public Affairs Staff

A new water hazard is being installed at the Fountain Green Golf Course, but this obstacle will serve a dual purpose. The

lake will present a challenge to golfers, and it will irrigate lawns on Fort Dix with recycled water.

Giberson Plumbing and Excavating, from Shamong, is participating in the construction of the man-made lake and

underground irrigation system which will pump treated water from the wastewater plant on Texas Avenue to the lake located at New Jersey and Fort Dix Avenues in a more than \$500,000 water-conservation project.

A network of piping will stretch for three miles and the water in the lake will be used to irrigate the golf course.

"It's pure water conservation, especially in these times when drought can occur. This project will also save water treatment costs in chemicals and will cut down of fertilization costs on the golf course because this water will have nutrients like phosphorous and nitrogen too," said Ken Smith, Chief of the Environmental Division in the Directorate of Public Works.

Another reason why this lake is being constructed is because the waterways, into which the treated water would normally drain, are insufficient to handle the nearly 3 million gallon daily discharge.

Smith said it also helps recharge the installation's groundwater aquifers. The project is expected to be completed by the spring of 2009.

IN THE TRENCHES -- Jay Billingsley, Giberson Plumbing and Excavating, carves a trench where piping will be placed during construction of a lake on Fort Dix's Fountain Green Golf Course. The project is expected to be completed by spring of 2009, and will be used to irrigate the golf course.



Ryan Morton